

# CARERS WEEK



in Slough  
8-16 June 2019



With lots of **FREE** events and  
activities for CARERS

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## Event details

### SATURDAY 8<sup>TH</sup> JUNE

(2 events that may be of particular interest to young / younger carers)

#### Beatboxing/Rapping Music Workshop with Conrad Murray

Time: 3.00pm

Venue: HOME on the High Street, Unit 43-45, Observatory Shopping Centre, Slough

Cost: This is a Pay What You Decide event, which means you don't have to pay until after you have seen a show (or even not pay at all).

Are you interested in using and exploring your voice? Learn to beatbox, improve your vocal techniques and make your own music using nothing but your mouths – from Hip Hop and Grime to R&B and Dubstep. Conrad is the writer and performer of the show *DenMarked* and Battersea Arts Centre's Beatbox Academy. This workshop is for beatboxers, singers, rappers and spoken word artists of all levels. Recommended age 14+.

Book here: <https://bit.ly/2E5EpBf>

#### High Rise eState of Mind by Beats & Elements

Time: 7.00pm to 8.30pm

Venue: HOME on the High Street, Unit 43-45, Observatory Shopping Centre, Slough

Cost: This is a Pay What You Decide event, which means you don't have to pay until after you have seen a show (or even not pay at all.)

A stunning new show from the makers of *No Milk for Foxes*, *DenMarked* and the award winning BAC Beatbox Academy's *Frankenstein* exposing people's fears of where will they live, will they ever afford to live somewhere clean and safe, is it a fair race or is the system fundamentally f\*\*\*\*d and a home is just a modern pipe dream for many?

*High Rise eState of Mind* tells difficult to swallow truths through a dystopian lense using grime, beat boxing, hip hop, looping and MC-ing. A fast paced, urban story about class and housing, frustrations, inequalities and the pointlessness of it all at times. The show features performer / beatboxer Conrad Murray, spoken word author Paul Cree, rapper Gambit Ace (David Bonnick Jr) and spoken word artist Lakeisha Lynch Steven (aka grime MC Lady KI).

*This lot have musical talents in bucketloads. \*\*\*\*\* Everything Theatre*

*This Beats & Elements production soars to great heights. \*\*\*\*\* Morning Star*

Book here: <https://bit.ly/2vAQ6eF>

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## **SUNDAY 9<sup>TH</sup> JUNE**

### **Creative Workshop On Mental Health – With Sycorax Collective**

**Time: 11.30am – 5.30pm**

**Venue: HOME on the High Street, Unit 43-45, Observatory Shopping Centre, Slough**

**Cost: Free**

This creative workshop will help us create our new show, BLUE, and encourage people to talk about their experiences.

These Workshops will use creative, fun and gentle exercises such as drawing, painting and poetry, to explore peoples' experiences and perceptions of Anxiety and Depression in a supportive, creative and encouraging environment.

Facilitated by local artist Kim Scopes and Holli Dillon, working together as Sycorax Collective.

Entry is free but booking is required.

Light Refreshments and materials will be provided.

**Book here: <https://bit.ly/2JrPvF4>**

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## **MONDAY 10<sup>TH</sup> JUNE**

### **Simple Ways to Support Carers**

**Time: 8:30am – 10:30am**

**Venue: Main Hall, 29 Church Street, Slough, SL1 1PL**

On average, 1 in 7 people in work is an unpaid carer. This short workshop will help you as an organisation or employer to identify carers, raise awareness among your staff and volunteers, and support carers both within the workplace and as a provider of services in the wider community. Supporting carers in the workplace is not just the right thing to do, it also makes good business sense. This session will empower you with simple tools and top tips to signpost carers to a range of support and services available locally and online.

Booking is required for this free event.

**Book here: <https://bit.ly/304oFb7>**

### **Gentle Social Ride for Carers**

**5:30pm - Meet outside The Curve, Slough, SL1 1XY**

**6:00pm meet at the car park in Herschel Park**

As part of Carers Week and National Bike Week, Slough Carers Support and Love to Ride Slough are organising a gentle social ride for carers!

The ride will meet outside The Curve at 5:30pm if you don't have a bike or at the car park in Herschel Park at 6pm for those who are able to bring their own bike in good working order! We will start with a short 15min cycle skills session in Herschel Park followed by a gentle social ride (mostly on traffic free paths) of around 6 miles lasting about an hour. Anyone who doesn't feel able to join the ride will also be able to continue to build their skills and gain more confidence in riding a bike within Herschel Park for the remainder of the session.

We have up to 10 bikes available from Cycle Hire Slough and places for a maximum of 24 people in total, so booking via the link below is essential. Young people under 16 are also welcome if accompanied by a responsible adult. As it is also National Bike Week, everyone who rides and signs up to Love to Ride will be eligible for prizes, including a local first prize valued at £750.

For further information about the ride, please contact Slough Carers Support by email at [sloughcarers@gmail.com](mailto:sloughcarers@gmail.com) or phone on 01753 303428.

**Book here: <https://bit.ly/2V6TdFf>**

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## **TUESDAY 11<sup>TH</sup> JUNE**

### **Mamma Mia! - Carers 'Relaxation' Film Screening**

**Time: 3:30pm**

**Venue: The Curve, 1 William Street, Slough, SL1 1XY.**

**Cost: £2 / person (10% discount with a Slough Carers Card - enter discount code 'Carer10' when booking.)**

To celebrate Carers Week, Slough Carers Support and The Curve have organised a relaxed showing for carers of the film Mamma Mia! Enjoy this musical romantic comedy, which tells the story of a bride-to-be trying to find her real father using hit songs by the popular '70s pop group ABBA!

The screening is relaxed should you wish to come along with a cared for person. So take a break and come along by yourself or with friends and family.

**Book here: <https://bit.ly/2VygtMC>**

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## **WEDNESDAY 12<sup>TH</sup> JUNE**

### **Carers Support Event — Getting Carers Connected**

**Time: 11am – 2:30pm**

**Venue: Arbour Park, Stoke Road, Slough SL2 5AY**

This Carers Week, Slough Carers Support and Slough Borough Council are coming together to help carers get connected. If you look after a child with additional needs or help to care for a family member, friend or neighbour who is ill, elderly, disabled or affected by mental health, join us to find out more about local support.

Everyone has a part to play in connecting carers and helping them get the support they need. The programme for this event has been designed to reflect this and will consist of a wide range of information stands from both statutory agencies and voluntary organisations as well as a number of short presentations all aimed at helping carers get connected to advice and information, services, others, and technology.

The Mayor of Slough (tbc) and Ramesh Kukar, CEO, Slough CVS, will also be present to thank the town's carers on behalf of the statutory and voluntary sectors.

A buffet lunch will be provided. For further information or if you have any dietary requirements, please contact Slough Carers Support by email at [sloughcarers@gmail.com](mailto:sloughcarers@gmail.com) or phone on 01753 303428.

**Book here: <https://bit.ly/2Wb7QvY>**

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## **THURSDAY 13<sup>TH</sup> JUNE**

### **'Taking Care of Yourself' – Mindfulness Sessions for Carers**

**Time: 10am – 11am & 11:30am – 12:30pm**

**Venue: Main Hall, 29 Church Street, Slough, SL1 1PL**

If you look after someone, who looks after you? This Carers Week we have 2 short mindfulness sessions for you to choose from to help you take care of your own health and wellbeing.

Neglecting your own health could not only adversely affect your own wellbeing, but also the wellbeing of the person you care for. These sessions will explore the 5 secrets to happiness and will equip you with lots of helpful tips to change the way you think about life; empower you with information and tools to change how you approach whatever challenges you're facing; enabling you in the long run to feel better in everything you do. They will be facilitated by our very own "Happiness Guru" Ramesh Kukar, with the second session being a repeat of the first.

**Book here: <https://bit.ly/2HAZTXH>**

## **Asian Carers Group Pilates for All (Men and Women)**

**12:00pm - 1:00pm**

**Slough Hindu Temple, Keel Drive, Slough, SL1 2XU**

As part of Wellbeing Matters (a partnership project led by Apna Virsa) the Asian Carers Group are holding a series of 'Pilates for All' sessions designed to improve and maintain the health and wellbeing of those over the age of 50.

As a carer do you want to keep fit and do activities with like minded people? Why not come along to the Carers Week session of this class! Call 07592 570668 to register or drop in (subject to space).

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## **FRIDAY 14<sup>TH</sup> JUNE**

### **Special Voices Drop-in Coffee Day (with Lunch)**

**Time: 9:30am – 1pm**

**Venue: Cippenham Baptist Church Hall, 11 Elmshott Lane, Slough, SL1 5QS**

Drop-in any time between 9:30am and 1pm - you choose what time and how long you want to stay. All carers in Slough welcome. Free gift bag on entry, finger buffet lunch,

refreshments and cake plus free parking. There will be an opportunity for those that wish to be pampered and have their nails painted. There will also be adult colouring, information and more.

For more details, email [info@specialvoices.co.uk](mailto:info@specialvoices.co.uk) or call 07990 693439.

## Throughout the Week

### FREE Sports / Leisure Taster Activities for Carers

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Throughout the week there will be free sports / leisure taster activities for carers including...

**Slough Ice Arena** - free ice skating session for anyone with a carers discount card.

**The Centre** - free swim and GX class for anyone with a carers discount card.

**Langley Leisure Centre** - free swim for anyone with a carers discount card.

**Meet & Mingle** also have a wide range of activities for both men and women running throughout the Spring / Summer including during Carers Week itself. Find out more at [www.meetandmingle.co.uk](http://www.meetandmingle.co.uk)

### Slough Carers Support contact details:

**Website:** [www.sloughcarerssupport.co.uk](http://www.sloughcarerssupport.co.uk)

**Telephone:** 01753 303428

